

Week 10

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
8- 8.30am	One glass of water + + lemon one spoon juice soaked saunf one spoon overnight		
8.30a	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9- 9.30am	Choely 30gm vegetable salad	Oats atta one spoon + milk 50ml + one fruit + one apple khajoor water + one spoon-soaked chia seeds Make smoothie	Satu one spoon (without sugar) + milk 50ml + one fruit +one khajoor water + one spoon-soaked chia seeds Make smoothie
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		
3-3.30	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	ONE CUP GREEN TEA+ Mix seeds one spoon		
7.00- 7.30	3-4 idli (Dal 2 part+ rice one part) and vegetable 150-200gm dal 30gm for vegetable sambhar	Rice 30gm+ soya chunk 30gm Vegetable 150+200gm Make soya vegetable pulao	3-4 idli ragi idli (Ragi 3part +Dal 2 part+ rice one part) and vegetable 150-200gm dal 30gm for vegetable sambhar and vegetable 150-200gm dal 30gm for vegetable sambhar